

wrote the poet George Gordon Byron, Lord Byron, in his poem. It is at times like these that one can feel the tide of history flowing from the generations before me to the young faces just setting out on the long ride of life.

We strive to be remembered by our loved ones, as my dad strove to be remembered. To all the good fathers out there and in honor of my own dad, who is looking down today from heaven, I close with a few lines that I learned and recited when the days were young.

In those days, children routinely did such things as memorize poetry. And I say to the fine Senator who presides today over this body, it is one of a multitude of poems that were taught to children in order to teach them lessons, and this one is just a few lines titled, "The Little Chap That Follows Me," or in some instances, "A Little Fellow Follows Me." This was written by the Reverend Claude Wisdom White, Sr., and it reminds me of how my dad lived, a noble man whom I never heard once, in all of the years, use God's name in vain. I never heard him tell an off-colored joke. That was the man whom I remember this day. Thank God for a man like Titus Dalton Byrd.

A careful man I ought to be,  
A little fellow follows me.  
I dare not go astray,  
For fear he'll go the self-same way.

I cannot once escape his eyes,  
Whatever he see me do, he tries.  
Like me, he says, he's going to be,  
The little chap who follows me.  
He thinks that I am good and fine,  
Believes in every word of mine.  
The base in me he must not see,  
That little fellow who follows me.  
I must remember as I go,  
Thru summers' sun and winters' snow.  
I am building for the years to be,  
In the little chap who follows me.

#### WEST VIRGINIA DAY, 2004

Mr. BYRD. Mr. President, as I mentioned a moment ago, Sunday will be June 20, and it will be West Virginia Day. West Virginia Day.

On this day before West Virginia eve, there are so many things I would like to say about my great and proud and glorious State.

I would like to talk about her rolling hills, how each year scores of thousands of people come to West Virginia to camp in our State and in our parks, to hike the Appalachian Trail, to fish in our mountain streams, or simply to relax and enjoy our majestic mountain scenery. The only thing more beautiful than the Sun setting over the hills of West Virginia is the Sun rising over our beautiful green peaks.

I would like to brag a little. You know, Dizzy Dean said it is all right to brag if you have done it. I would like to brag a little about West Virginia's "firsts." The first patent for a soda fountain was granted to George Dulty, of Wheeling, in 1833. The first bare knuckle world heavyweight championship was held near Colliers on June 1, 1880—Colliers, WV. The first rural free

mail delivery was started in Charles Town, just a few miles from here, on October 6, 1896. The first female jockey to win a horse race was Barbara Jo Rubin, at the Charles Town Racetrack on February 22, 1969.

And, of course, I would like to boast, and I shall boast—why not? Why not? Why should I say I would like to boast? I am going to boast.

I want to boast about all of the biggest and the best of West Virginia. The world's largest axe factory was located—where? In Charleston; Charleston, WV. The world's largest clothespin factory was located in Richwood, in Nicholas County, WV.

The world's largest sycamore tree—where? Why, in Webster Springs, WV.

And the town of Weirton, right up there in that northern panhandle, is the only city in the United States that extends from one State to another, one State border to another, the only city in the United States that extends from one State border to the other.

And, of course, I will talk about the people of West Virginia, how they have endured disasters, exploitation, national scoffs—we are called hillbillies, you know. Hillbillies? How blessed the name, hillbillies. Count me in. How they have endured neglect but still they remain among the friendliest, the warmest, the most courageous, and most patriotic people in the United States.

West Virginians are good people who care about each other and care about you, even if you are a stranger. And it has been said that West Virginians "don't just loan someone a socket wrench, we help them fix their cars."

And then I want to talk about the West Virginia coal industry. I could point out how West Virginia coal helped to fuel the Industrial Revolution and for over a century heated American homes. Look about you.

You know the Great Fire in London occurred in 1666 and the great architect who drew the designs for the buildings that replaced those that were swept away with the fires, the great architect of that period was Christopher Wren. As my wife and I walked the halls of Saint Paul's Cathedral in London, we looked upon the floor and there on the floor, inscribed, were these words:

If you seek my monument, look about you.

That was Christopher Wren, who was the architect for perhaps more than 50 of those cathedrals and great buildings that grew up in the place that had been swept by the disastrous fire.

If you seek my monument, look about you.

I would point out how West Virginia coal helped to fuel the Industrial Revolution, as I say, and for a century heated American homes and fueled our warships and provided energy for our industries. Yes, these lights we have in the Chamber, where do you think that power is coming from? Not very far away. West Virginia coal made it possible.

But as the great and glorious day known as West Virginia Day ap-

proaches, I decided not to do all these things but to discuss another aspect: the West Virginia apple industry. I have to wonder how many people listening to me even realize that West Virginia has a significant apple industry, but it does. In fact, West Virginia ranks ninth in the Nation in apple production. Furthermore, West Virginia is the home of two important—now listen to this. When you go to the store, to the Giant food store tomorrow, with your husband or your wife or your brother or your sister, take a look at those apples as you go by. And just remember this, that two important and very popular and delicious, delectable, tasty apple varieties originated in West Virginia. In 1775, Thomas W. Grimes produced the first Grimes golden apple since Adam and Eve walked together as evening came and enjoyed the apple.

Thomas Grimes produced the first Grimes Golden apple in Wellsburg, WV. The Grimes Golden became a highly esteemed dessert apple.

In the early 1900s, Anderson Mullins discovered on his family property in Clay County, WV, a mysterious tree bearing the Golden Delicious apple.

Did you know that? I am looking at these bright faces that greet me with smiles every day—the wonderful young people who work for Senators and work for their Nation, who perform services for this Nation in this Senate, these wonderful young people—we call them pages. How wonderful they are.

I pause from time to time to talk to these pages and to tell them wholesome stories and talk a little about Nathan Hale, talk with them about this great institution, the Senate of the United States. I talk with them about the Great Compromise that was hammered out in Philadelphia on July 16, 1787.

Look how attentive these pages are. They are listening. They are listening. That smile, that radiant smile that I see on each page's face—Republican on the Republican side, and on the Democratic side—I will carry that smile with me all day, all day long, and it will warm my heart.

Great it is to believe the dream as we stand in youth by the starry stream, but greater still to live life through and find at the end that the dream is true.

As these young people go tomorrow perhaps to the Giant food or to the Safeway store or the corner grocery, they will look at the apples. When you do, remember that this Golden Delicious apple originated in Clay County, WV.

Clay County is where I attended a Democratic rally one night 50 years ago. Just before I got into my car, I put my fiddle—it is a violin, but some people call it a fiddle—on the trunk of my car. And I began talking with one of the others who was departing late or last from that rally. I forgot about leaving my fiddle on the trunk of my car. When I got into my car and turned the ignition on and backed it up, I heard something. I heard the sound

like something was being crunched under the rear wheels of my car. Lo and behold, it was my fiddle case and the fiddle that was in it. That happened in Clay County.

But I like to remember Clay County for that oval-shaped apple with a golden-yellow skin and the juicy, firm flesh and sweet flavor which won wide acclaim. Dr. John Harvey Kellogg, the founder of Kellogg's breakfast food company—have you tried Kellogg's Corn Flakes lately? I had them just this morning. He wrote that he considered "the Golden Delicious, the finest apple I have ever tasted." That is a quotation from Dr. John Harvey Kellogg.

Listen to that again. Here is what he said:

The Golden Delicious, the finest apple I have ever tasted.

Where does it start? Where was its beginning? Where was its genesis? West Virginia.

The world renowned horticulturist Luther Burbank agreed, as he stated:

I have no hesitancy in stating that it is the greatest apple in all the world.

How about that? The "greatest apple" in all the world. And it came from where? West Virginia.

Offsprings of the Golden Delicious have now been developed in every area of the United States and on every continent. It is recognized as West Virginia's most famous contribution to horticulture. In 1995, the West Virginia State Senate designated the Golden Delicious apple as the official State fruit.

The apple industry in West Virginia began in a story book fashion. Around the year 1800, a young man by the name of John Chapman traveled the northern regions of what would become the State of West Virginia where mountaineers are always free. John Chapman traveled the northern regions of what would become the State of West Virginia planting apple trees throughout the region.

Chapman was born in 1774, and he spent 50 years of his life planting tiny apple trees throughout the frontiers of the Eastern and Midwestern States. He was a simple man, John Chapman, whose clothes were said to have been made from sacks, and he wore a tin pot for a hat, which he used for cooking—cooking out of your hat. His dream was for a land with blossoming apple trees everywhere and no one was ever hungry.

On the frontier, apples were not only a source of nutritious food, they were also used for the making of cider, vinegar, and apple butter as well.

Have you been to the Apple Butter Festival? We have the Apple Butter Festival over in Berkeley Springs. Where is that? In West Virginia.

Mr. Chapman is known to us today as the legendary Johnny Appleseed.

Many people think of Johnny Appleseed as a fictional character, but he was a real person. I like to think of him, perhaps, as the "Father of the West Virginia Apple Industry."

As the apple nurseries that Johnny Appleseed planted in West Virginia developed, apple trees were distributed throughout the region, and apple production blossomed. It wasn't long until West Virginia apples were being loaded on flat boats and shipped down the Ohio and the Mississippi Rivers to as far south as New Orleans, or loaded on canal boats and shipped to the Capital City of Washington.

By 1889, West Virginia was producing nearly 5 million bushels of apples a year. Apple production in West Virginia peaked in 1931, when the State produced over 12 million bushels of apples.

Today, apple production in West Virginia averages 143 million pounds—3.4 million bushels. Apple production takes place on an average of 9,000 acres, representing 126 commercial fruit growers.

I am sure you have heard of Senator Harry Byrd of Virginia. Harry Byrd owned some great apple orchards. Some of them were in the Eastern Panhandle of West Virginia.

In the autumn, drive through southern Berkeley County, and you will find the strong, sweet smell of apples being processed into sauces, juices, ciders, and jams. On any Saturday, ride through the Eastern Panhandle and see civic groups, church groups, or groups of high school youngsters stirring apple butter in old, cast iron, copper-plated kettles set over the open fire.

Apples have become an important part of the culture as well as the economies of West Virginia communities. In Inwood, for example, in the heart of old apple orchards, is Musselman High School, named after the world renowned maker of apple products, Christian H. Musselman, who started one of his first plants in West Virginia. And the school's mascot is the apple, while the spirited students are known as "Applemen." The school newspaper is the "Cider Press."

Each year, the towns of Martinsburg and Burlington celebrate apple harvest festivals, while the towns of Salem and Berkeley Springs celebrate apple butter festivals. Clay County, the home of the Golden Delicious apple, celebrates with the Golden Delicious festival.

On Sunday, as we mark another glorious West Virginia Day, I suggest that you celebrate by biting into a piece of homemade apple pie, or tangy apple crisp, or savoring a delicious apple dumpling, or a sweet-candied apple and thinking of West Virginia.

West Virginia, how I love you!  
Every steamlet, shrub and stone,  
Even the clouds that flit above you  
Always seem to be my own.

Your steep hillsides clad in grandeur,  
Alays rugged, bold and free,  
Sing with ever swelling chorus:  
Montani, Semper, Liberi!

Always free! The little streamlets,  
As they glide and race along,  
Join their music to the anthem  
And the zephyrs swell the song.

Always free! The mountain torrent  
In its haste to reach the sea,

Shouts its challenges to the hillsides  
And the echo answers "FREE!"

Always free! Repeats the river  
In a deeper, fuller tone  
And the West wind in the treetops  
Adds a chorus all its own.

Always Free! The crashing thunder,  
Madly flung from hill to hill,  
In a wild reverberation  
Makes our hearts with rapture fill.

Always free! The Bob White whistles  
And the whippoorwill replies,  
Always free! The robin twitters  
As the sunset gilds the skies.

Perched upon the tallest timber,  
Far above the sheltered lea,  
There the eagle screams defiance  
To a hostile world: "I'm free!"

And two million happy people,  
Hearts attuned in holy glee,  
Add the hallelujah chorus:  
"Mountaineers are always free!"

It is that time of year again.

I yield the floor and suggest the absence of a quorum.

The PRESIDING OFFICER (Mr. CORNYN). The clerk will call the roll.

The legislative clerk proceeded to call the roll.

Mr. HARKIN. Mr. President, I ask unanimous consent that the order for the quorum call be rescinded.

The PRESIDING OFFICER. Without objection, it is so ordered.

Mr. HARKIN. Mr. President, my remarks I am going to give now on health care and the health care system in America will not be as filled with rhapsody and melodic utterances as what we have heard from the distinguished Senator from West Virginia.

I noticed all the pages, I say to my friend from West Virginia, listening raptly to the Senator's comments. I can understand why. There is no one who can express himself or herself in such vivid terms, in such a vivid way that brings to life his beloved State of West Virginia, his youth, and his experiences. No one can do it and paint the picture with such clarity and color and meaning as the Senator from West Virginia.

Mr. BYRD. Will the Senator yield?

Mr. HARKIN. I would be delighted to, my mentor and my good friend from West Virginia.

Mr. BYRD. Mr. President, I thank the distinguished Senator. His father, I believe, was a coal miner.

Mr. HARKIN. That is right.

Mr. BYRD. You know, the coal miner is a very special breed of man. He goes into the smokey, hot bowels of the Earth to seek comrades who may be still alive. He risks his life for them. I have a special bond with the distinguished Senator through that coal miner background.

I thank him for his words, which were so well spoken, about these young pages. I thank him for what he does for his State. I thank him for what he does for his country. I hope he will have a happy Father's Day on this coming Sunday. I thank the Senator.

Mr. HARKIN. I thank the Senator from West Virginia for those very kind words. I, too, wish him the happiest of

Father's Days this week. I will be privileged to have at least one of my children home, and my wife. The other one will not be there, but I am sure we will be connected by telephone and talking on Father's Day.

The Senator from West Virginia has taken great pride in his family. We have shared in the past some of the tragedies that have happened to the Senator from West Virginia in his own family. I know how deeply the Senator from West Virginia feels about family and what family means to Americans in this country.

Through the example of the Senator from West Virginia, through his example of public service, I say to the young pages, through his example of public service through his entire lifetime, through his service to his State but most importantly to his wife Erma and his family, that is the example we all need to follow. It is a great example.

I thank the Senator.

#### HELP AMERICA ACT

Mr. HARKIN. Mr. President, for more than a decade I have spoken out about the need to fundamentally reorient our approach to health care in America, to reorient it toward prevention and wellness and self-care.

I don't think too many people would argue with the statement, if you get sick, the best place to get the needed care is here in America. We have the best trained, highest skilled health professionals in the world. In fact, I have one here with me on my staff who is joining me in the Senate today.

We have great health professionals and cutting edge, state-of-the-art technology.

Just a few weeks ago, because of a recurring back problem I have, I had an open MRI. I never liked going into those MRI machines. Now we have one that is open. Great technology. Great technology.

We have world-class health care facilities and research institutions. But when it comes to helping people stay healthy and stay out of the hospital—and prevent illness—we in America fall short.

In the U.S., we spend in excess of \$1.8 trillion a year on health care. Fully 75 percent of that total is accounted for by chronic diseases, such as heart disease, cancer, diabetes. What these diseases have in common is that in so many cases they are preventable.

In the United States, we fail to make an upfront investment in prevention, so we end up spending hundreds of billions on hospitalization, treatment, and disability.

Well, this is foolish, and, clearly, it is unsustainable. In fact, I have long said that we do not have a health care system in America, we have a "sick care" system. If you are sick, you get care, but there is nothing there that will give you incentives and promotions to stay healthy in the first place.

This "sick care" system is costing us dearly in terms of health care costs,

chronic illness, and premature deaths. Consider the cost of major chronic diseases, diseases, as I have said, that are so often preventable.

I will have a series of charts today. The first one is a chart from the 2001 Surgeon General's report. It points out that obesity cost the United States \$117 billion in public health costs in 2000. Obesity—\$117 billion in just 1 year. And it is getting worse.

Other things: cardiovascular disease, about a \$352 billion cost per year; for diabetes, about \$132 billion per year; for smoking, a more than \$75 billion cost per year; for mental illness, about \$150 billion a year it is costing our society. Indeed, major depression is the leading cause of disability in the United States.

Now, if I bought a new car, and I drove it off the lot, and I never maintained it, I never checked the oil, never checked the transmission fluid, never got it tuned up, you would think I was crazy, not to mention grossly irresponsible. The commonsense principle with an automobile is this: You pay a little now to keep the car maintained or you are going to pay a whole lot later when it breaks down.

Well, it is the same with our national health care system. Right now our health care system is in a downward spiral. We are not paying a little now. We are not doing the preventive maintenance. So we are paying a whole lot later. And guess what. It is breaking down.

For example, we are failing to address the Nation's obesity epidemic. I have some charts that will show just what has happened in the United States in the last few years. This is a chart that shows what the incidence of obesity was in the United States in 1990. As you will see, some States had less than 10-percent obesity. No State exceeded 15 percent, and most of the States fell between 10 to 14 percent of the population being obese. That was in 1990. So keep that in mind. Nowhere in America did we exceed 15 percent. And some States were less than 10 percent. That was 1990.

Now here we are in 2002. This is the real shocker. By 2002, the majority of our States were over 20 percent. A few States were over 25 percent. One in four of the individuals in these States is obese. No State now is less than 10 to 14 percent. And this all happened in 12 years.

Actually, the story is even worse. The data on these charts is based on—guess what—self-reported weight, which tends to be significantly underestimated. So as catastrophic as this chart looks—and it is—it is even worse because it understates the extent of the obesity epidemic.

If you use recorded data rather than self-reported information, these rates are much higher. In fact, using this more scientific approach, we learn that almost two out of every three Americans are either overweight or obese. Today, 65 percent of our population

falls in that category. The Centers for Disease Control and Prevention recently warned that poor nutrition and physical inactivity could soon overtake smoking as the No. 1 cause of death in the United States. So let's make no mistake, this is a major public health crisis.

Now, a lot of times people say: Well, that is all well and good, but these are individuals. That is an individual choice—an individual choice. Well, I understand that, except when these individual choices lead to more hospital utilization—when these individual choices lead to higher insurance costs for the rest of our population, when these individual choices lead to prolonged chronic illnesses—then we have a public health crisis. And if you have a public health crisis, then it is time for those of us in government to look at what we can do to help change this course.

Another contributing factor to our health care crisis is tobacco. We do not hear as much about the dangers of tobacco use today as we used to. There is a perception that we have turned the corner, that we have done all we need to do. But that perception is not accurate. In 2002, 61 million Americans regularly smoked cigarettes. That is 26 percent of our population. What that means is, after decades of education and efforts to stop tobacco use, more than one in four Americans are still addicted to nicotine and smoking.

Mental health is another enormous challenge we are grossly neglecting. Mental health and chronic disease are intertwined, and they can trigger one another. It is about time we stopped separating the mind and the body when we discuss health. Prevention and mental health promotion programs should be integrated into our schools, workplaces, and communities along with physical health screenings and education. Surely, at the outset of the 21st century, it is time to move beyond the lingering shame and stigma that often attends mental health illness.

Fully 70 percent of all of the deaths in the U.S. are now linked to chronic conditions, such as heart disease, cancer, and diabetes. In so many cases, these chronic diseases are caused by poor nutrition, physical inactivity, tobacco use, and untreated mental illness.

Again, this is unacceptable to us as a society. So after many months of meetings, discussions with Iowans, discussions with experts around the Nation, and thanks to the help of my great staff, I will shortly be introducing comprehensive legislation designed to transform America's "sick care" system into a true health care system, one that emphasizes prevention and health promotion.

This bill, which I have here, which is a comprehensive bill, is one that will help promote healthy lifestyles and prevention to help us keep from getting sick in the first place. I will have more to say about that in a couple